

Government Center

Start Walking Now!

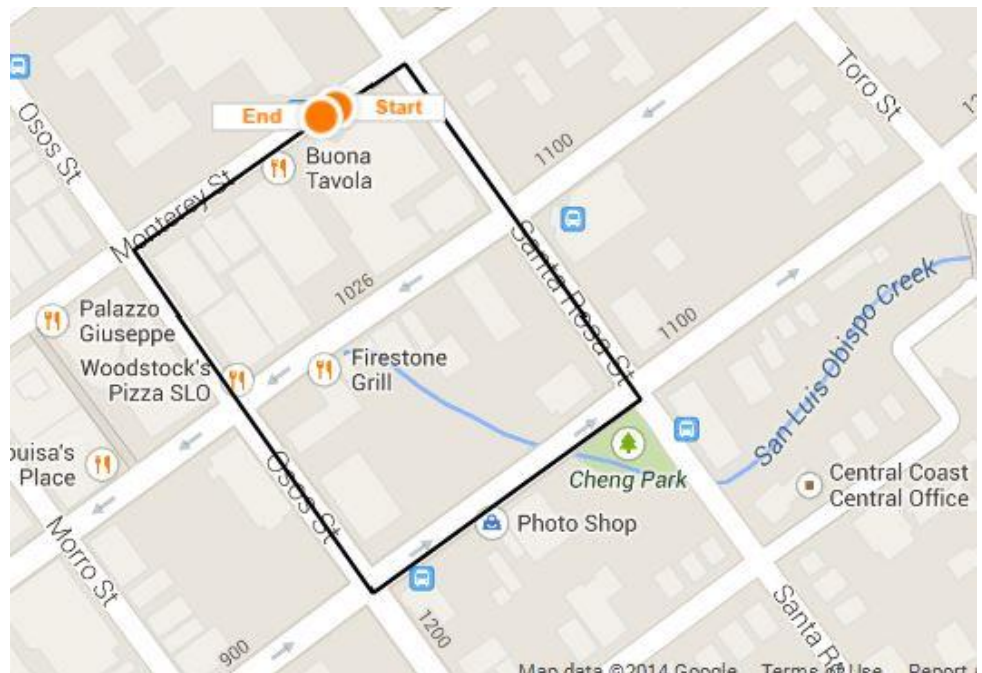
- Strengthen your bones
- Reduce stress
- Get more energy
- Tone your muscles
- Reduce your risk of developing dangerous health problems
- Feel good!

WALK YOUR WAY TOWARDS WELLNESS

Beginner Loop
Distance: 0.25miles
Estimated Time: 10–15


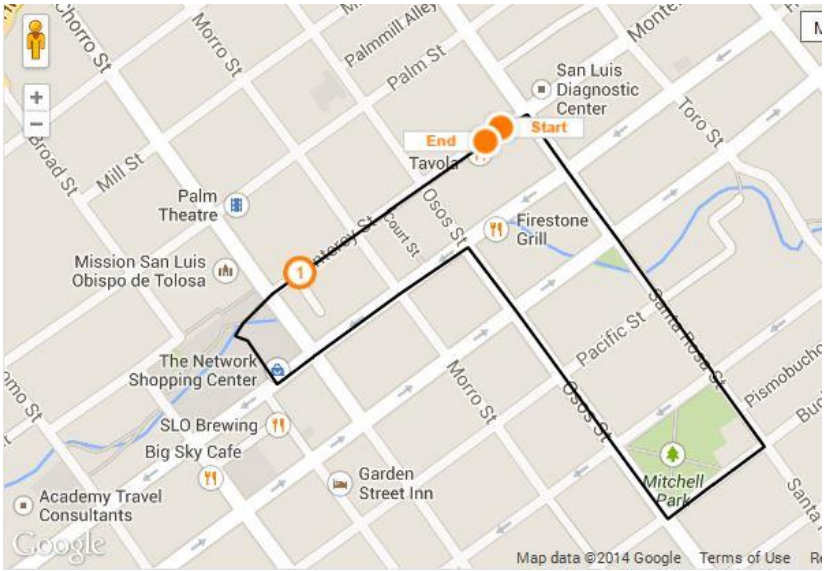


HR BENEFITS PRESENTS
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San Luis Obispo, Ca 93408



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Distance: 1.20 miles
Estimated Time: 30-40 minutes



WALK YOUR WAY TOWARDS WELLNESS

Difficult (Incline)
Distance: 1.08 miles
Estimated Time: 30 minutes



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